

The kids are always on the move at Tune Sports Kids Academy!

We have not forgotten our mini guests!

TuneSports KidsAcademy has created a healthy

playground by combining

fun and activities to support

the physical development

of the youngsters and

children. Swimming , football,

golf,basketball and tennis

lessons are provided free of

charge at Tune Sports Kids

Academy by licensed coaches.



Starting 2014

ADULT PROGRAMME

MONDAY

TIME	ACTIVITY	MEETPOINT	PLACE
08:00-08:45	JOGGING (5KM)	MEETPOINT FITNESS CENTER	TEMPLE DISCO
09:00-09:45	PNF STRETCHING	TEMPLE DISCO	TEMPLE DISCO
11:15-12:00	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO
14:30-15:15	PILATES REFORMER	INDOOR POOL	INDOOR POOL
14:30-15:00	AQUA AEROBIC	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
15:30	OUTDOOR CYCLING (15 KM)	TEMPLE DISCO	TEMPLE DISCO
15:15-15:45	DANCE LESSON	TEMPLE DISCO	TEMPLE DISCO
16:15-17:00	ZUMBA	TEMPLE DISCO	TEMPLE DISCO
17:00-17:45	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO

TUESDAY

TIME	ACTIVITY	MEETPOINT	PLACE
09:00-09:45	POWER YOGA	TEMPLE DISCO	TEMPLE DISCO
10:00-10:45	HIPS, ABS, THIGHS	TEMPLE DISCO	TEMPLE DISCO
10:00	OUTDOOR CYCLING (9 KM)	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
11:00-11:45	PILATES REFORMER	INDOOR POOL	INDOOR POOL
11:30-12:00	AQUA AEROBIC	INDOOR POOL	INDOOR POOL
14:30-15:15	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO
15:15-15:45	STEP WORKOUT	TEMPLE DISCO	TEMPLE DISCO
15:30-16:15	NORDIC WALKING	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
16:15-17:00	ZUMBA	TEMPLE DISCO	TEMPLE DISCO
17:00-17:45	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO

WEDNESDAY

TIME	ACTIVITY	MEETPOINT	PLACE
08:00-08:45	JOGGING (5 KM)	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
09:00-09:45	POWER YOGA	TEMPLE DISCO	TEMPLE DISCO
10:00-10:45	BODY SCULPT	TEMPLE DISCO	TEMPLE DISCO
11:15-12:00	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO
14:00-14:45	PILATES REFORMER	INDOOR POOL	INDOOR POOL
14:30-15:00	AQUA AEROBIC	INDOOR POOL	INDOOR POOL
15:00-15:45	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO
15:30	OUTDOOR CYCLING (20 KM)	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
15:15-15:45	DANCE LESSON	TEMPLE DISCO	TEMPLE DISCO
16:15-17:00	ZUMBA	TEMPLE DISCO	TEMPLE DISCO

THURSDAY

TIME	ACTIVITY	MEETPOINT	PLACE
09:00-09:45	PNF STRETCHING	TEMPLE DISCO	TEMPLE DISCO
10:00	OUTDOOR CYCLING (9 KM)	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
11:30-12:00	AQUA AEROBIC	INDOOR POOL	INDOOR POOL
14:30-15:15	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO
15:30-16:15	NORDIC WALKING	TEMPLE DISCO	TEMPLE DISCO
15:15-15:45	STEP WORKOUT	TEMPLE DISCO	TEMPLE DISCO
16:15-17:00	ZUMBA	TEMPLE DISCO	TEMPLE DISCO
17:00-17:45	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO

FRIDAY

TIME	ACTIVITY	MEETPOINT	PLACE
08:00-08:45	JOGGING (5 KM)	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
09:00-09:45	PNF STRETCHING	TEMPLE DISCO	TEMPLE DISCO
11:15-12:00	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO
14:30-15:15	PILATES REFORMER	INDOOR POOL	INDOOR POOL
14:30-15:00	AQUA AEROBIC	INDOOR POOL	INDOOR POOL
15:15-15:45	DANCE LESSON	TEMPLE DISCO	TEMPLE DISCO
15:30	OUTDOOR CYCLING (15 KM)	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
16:15-17:00	ZUMBA	TEMPLE DISCO	TEMPLE DISCO
17:00-17:45	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO

SATURDAY

TIME	ACTIVITY	MEETPOINT	PLACE
09:00-09:45	POWER YOGA	-1 FLOOR TERRACE	-1 FLOOR TERRACE
10:00-10:45	HIPS, ABS, THIGHS	-1 FLOOR TERRACE	-1 FLOOR TERRACE
11:00-11:45	PILATES REFORMER	-1 FLOOR TERRACE	-1 FLOOR TERRACE
14:30-15:15	PILATES REFORMER	-1 FLOOR TERRACE	-1 FLOOR TERRACE
14:30-15:00	AQUA AEROBIC	INDOOR POOL	INDOOR POOL
15:15-15:45	STEP WORKOUT	-1 FLOOR TERRACE	-1 FLOOR TERRACE
16:15-17:00	ZUMBA	-1 FLOOR TERRACE	-1 FLOOR TERRACE
17:00-17:45	PILATES REFORMER	-1 FLOOR TERRACE	-1 FLOOR TERRACE

SUNDAY

TIME	ACTIVITY	MEETPOINT	PLACE
09:00-09:45	POWER YOGA	TEMPLE DISCO	TEMPLE DISCO
10:00-10:45	PILATES MATWORK	TEMPLE DISCO	TEMPLE DISCO
10:00	OUTDOOR CYCLING (15 KM)	MEETPOINT FITNESS CENTER	MEETPOINT FITNESS CENTER
11:00-11:45	PILATES REFORMER	INDOOR POOL	INDOOR POOL
11:30-12:00	AQUA AEROBIC	INDOOR POOL	INDOOR POOL
14:30-15:15	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO
15:30-16:15	NORDIC WALKING	TEMPLE DISCO	TEMPLE DISCO
17:00-17:45	PILATES REFORMER	TEMPLE DISCO	TEMPLE DISCO

PILATES REFORMER CLASSES ARE WITH RESERVATION FROM THE TUNE STUDIO FITNESS CENTER DESK